

The Nebraska Five (NE⁵)

5-Mile Race - 1 K Kids' Run

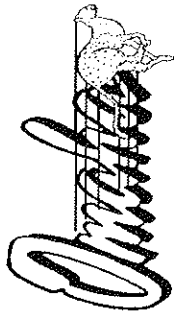
Saturday June 14, 2008
Five-Mile @ 8:30 AM & 1K @ 9:45 AM

**Road Runners Club of America
Nebraska State Five-Mile
Championship**

**USATF Nebraska State Five-Mile
Championship**

USATF Certified and Sanctioned Course
NE06004KU

Brought To You By



402 38GoRun www.omaharun.org

For The Benefit of
**Nebraska Affiliate,
Susan G. Komen For The Cure**

Join in the competition, fun, camaraderie and refreshments at a 445 acre park nestled on the beautiful Missouri River. Your participation in this charity event will support a worthwhile cause.

This event is a State Championship race for the distance of 5 miles. The race is also one of the qualifying events for the Omaha Running Club "Run The Magnet 2008" promotion.

The USA TF certified course consists of paved road and ADA Paved trail at Scenic NP Dodge Park (11001 John J. Pershing Dr.) in northeast Omaha. Starting time for the 5 mile race is 8:30 AM. The 1K kids run will start at 9:45 AM.

The 5 mile race is open to runners of all abilities who can finish in one hour and ten minutes. No pets, inline skates or strollers allowed on the running course.

Awards

All kids will receive a finisher's medal. Trophies will be awarded for the 5 mile race to the top 3 Overall Male & Female and the first place Masters Male & Female. Medals for the top 3 Male & Female in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, & 70 & up. There will be no duplication of awards, with the following exception:

Separate RRCA State Championship awards will be presented to: first place overall Male & Female, first place Masters Male & Female, and first place Senior Masters Male & Female. Also, prize money will be awarded to the first place overall Male & Female and first place Masters Male & Female USA TF members. Awards will not be mailed.

Packet pickup

Race packets may be picked up at Peak Performance 78th & Cass Streets Thursday, June 12th between 5:30 and 8 PM & Friday, June 13th between 3 & 6 PM or on race day from 7-7:50 AM near the pavilion inside the park.

Post-race

Immediately after the race, and in conjunction with the awards ceremony, refreshments will be available.

Questions?

Any questions regarding the race, call (402) 38GORUN anytime, or the race co-director, Dan Allen at (402)345-0933, evenings 6:00 to 9:00 pm.

**Omaha Running Club
P.O. Box 34602
Omaha, NE 68134**

Return Service Requested

Nebraska Affiliate, Susan G. Komen For The Cure

Nancy G. Brinker promised her dying sister, Susan G. Komen, that she would do everything in her power to end breast cancer forever.

In 1982, that promise became Susan G. Komen for the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures.

Thanks to events like the NE⁵, nearly \$1 billion has been invested to fill that promise, becoming the largest source of non-profit funds dedicated to the fight against breast cancer in the world.

Up to 75 percent of the net income from each Komen domestic Affiliate is dedicated to fighting breast cancer in that Affiliate's community. Every year, Komen Affiliates award grants to local hospitals and community organizations that provide breast health education and breast cancer screening and treatment programs for medically underserved women. Remaining net income (a minimum of 25 percent) supports the Komen Award and Research Grant Program, which funds groundbreaking breast cancer research, meritorious awards and educational and scientific programs around the world.

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Detach and return this portion

Print legibly in blue or black ink

WAIVER: I know that running and running road races is a potentially hazardous activity. I should not enter into the Nebraska 5 Mile Championship unless I am medically able and have the proper base level training. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this race including but not limited to: falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic, and condition of the road, as such risks being appreciated by me. If I should suffer injury or illness, while participating in the race, I authorize race officials to use their discretion to administer first aid and/or have me transported to a medical facility, and I take full responsibility for this action. Having read this waiver and knowing these facts and in consideration of the Omaha Running Club accepting my entry into the race, I hereby (for myself, my heirs, and their executors) waive all rights and claims for damages which I may have against, and release and indemnify, the Omaha Running Club, their sponsors, their representatives and successors from claims or liabilities of any kind arising out of my participation in this race though that liability may arise out of negligence or carelessness on the part of the entities or persons named in this waiver. Furthermore, I hereby grant full permission to the Omaha Running Club to use photographs, or any other record of this race, for any legitimate club purpose. I have read the above release and understand that I am entering this race at my own risk.

SIGNATURE _____ Date ____/____/____ (Parent or Guardian if under 18 years)

Make check payable to: Omaha Running Club

Mail to: Omaha Running Club P.O. Box 34602 Omaha, NE 68134-0602

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

AGE (on race day) _____ DATE OF BIRTH ____/____/____

M or F (CIRCLE) T-SHIRT S M L XL (CIRCLE) An entry form must be filled out for EACH participant.

USATF member Y or N (CIRCLE) if Yes, list member number _____

Postmarked BY May 23: \$18 ORC member \$ _____

\$20 Non-member \$ _____

\$25 Postmarked after May 23 and race day entries \$ _____ Late entrants are not guaranteed a t-shirt. Do Not Mail after June 3, 2008

\$6 Kids 1 Kilometer run ages 12 & under \$ _____ No T-shirt No late fees for kids run

Optional: donation to Susan G. Komen For The Cure \$ _____

Online registration available at www.omaharun.org

Race entry fees are non-refundable.